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## PRESEASON

Pre-season training allows you to build solid foundations for your fitness, agility and strength. It also allows you to improve your technical ability, and ensure optimum performance for when it's time to get back to your sport. For the first time ever, YALD introduced a preseason program. Coaches used the preseason to evaluate their own talent, scout opposition and test their signal calling. Personally, I think it was a success and something we should continue in the future. When I asked YALD founder Carlos Castellanos how the idea came about, he stated "Usually we get an uptick of players after the academic year starts. Current players go to school and speak about the program to their friends and they want to join. This gives them that opportunity."

***Quote: Younger players are usually intimidated by bigger kids. Let me tell you, I was once that little kid. Work hard and you'll be alright. - Justin Fernandez/Bears***

## 49ERS

Coming off an impressive season capped off with a Championship, the 49ers are poised to defend their title. Coach Kevin Camilo has built a strong core of players all of which are dedicated to their organization. Core players like Colin Rodriguez, Jayden Pena and Alex Cruz are leading the way. Assistant Coach Luis Rosario has also shown that he can motivate his team. The 49ers went 3-1 in the preseason. Proud but not satisfied were the words echoed by Coach Kevin Camilo who had his team doing push ups and sprints after every game.

## PACKERS

The Packers are coming off a very strong season in which Coach Miguel Guzman capitalized on the play of his standout Quarterback Dylan Castellanos. For as long as I can remember, Football IQ is a big part of the Packers success. They're not going not going to confuse the optics with trickery. They will utilize what works and adjust if need be. Assistant Coach and pioneer Austin Guzman has his work cut out for him as they lost Matthew Gonzalez, one of the premier players in this league. The Packers went 2-0-1 in the preseason.

## BUCCANEERS

The Buccaneers are coming off a disappointing season and missed the playoffs. Coach Jason Ceden has a history of bouncing back from adversity. He has also shown that he can take a young player and mold him to be successful. Assistant Coach Adalberto Fernandez will rely on Emil Rivera at the helm. Speedsters Justin Rivera and Nicholas Frade will lead the way. The ever so relentless Jordan Ceballos has drastically improved his physique and is looking to push the Bucs back into the playoffs. They went 2-2 this preseason.

## FALCONS

After an abysmal year and going winless, the Falcons are primed and ready to completely turn around the state of their team. Despite their record, Coach Leandro Castellanos has instilled plenty of fight in his team. Not once did they give up. Veterans Justin Polanco and Chris Kindell participated in every single training camp session to ensure that they were ready. As passionate as ever, Assistant Coach Omar Verges has not quit on his team and his team has not quit on him. With the addition of Derek Lember, look for the Falcons to fight until the very end. 1-3 was the Falcons record in the preseason.

## GIANTS

The Giants are another one of these high football IQ teams. Coach Fernando Portilla has an abundance of character and integrity, and I have no doubt that it will rub off on his players. With the addition of Assistant Coach Eugene Amankwah, the Giants are ready for kickoff. Veterans Joel Perez will set the tone for the very young Giants team. Jordan Vear has taken his preparation very seriously and looks phenomenal. The Giants went 1-2-1 in the preseason.

## BEARS

The Bears surprised everyone last season when they made the playoffs. The hard work that Coach Rob Valley and Assistant Coach Ismael Guadalupe have put in has paid dividends, and the Bears are looking to keep that momentum going. They'll do it while relying on second year quarterback Janluis Castro. A surreal moment came to me when I realized that one of the first members of the youth clinic Justin Fernandez is now a seasoned veteran. The Bears went 2-2 in the preseason.



Behind the scenes look at the 2022 Draft

Written by: Kelvin Valentin